

**AICTE Training and Learning (ATAL)  
Academy Sponsored  
Five-day workshop  
(Online Mode)  
On  
Emotional Intelligence  
October 19-23, 2020  
Registration form**

Name:.....  
Designation:.....  
Organization:  
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Gender: M..... F.....  
Address of communication:  
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Email:.....  
Mobile:.....Fax:.....  
Qualification:.....  
Experience (years): .....  
Research Interests:  
Accommodation Assistance Required:  
Yes/No  
If Yes, Kindly mention  
Date of Arrival.....Time.....  
Date of Departure.....Time.....  
Date: Place:  
Signature of candidate  
Signature & name of  
Supervisor/HoD/Principal/Director  
along with Institute Seal

**Patron**

Prof. Lalit Kumar Awasthi  
Director

**Chairman**

Prof. Piar Chand

Head, Department of Humanities and Social  
Sciences

**Convener**

Dr. Sunder kala Negi

**Course Coordinator**

Dr. Sunder kala Negi

Dr. Dharmendra Singh Yadav

**Treasurer**

Dr. Dharmendra Singh Yadav

**Organizing Committee**

All faculty members and staff of Department  
of Humanities & Social Sciences and  
Electronics and Communication Engineering  
Department

**Address for Correspondence**

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Sciences & Dr. Dharmendra Singh Yadav  
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**Organized by**

Department of Humanities and Social Sciences  
& Electronics and Communication Engineering  
National Institute of Technology  
Hamirpur, Himachal Pradesh  
Pin Code- 177 005, India  
Website: [www.nith.ac.in](http://www.nith.ac.in)

## Background

Emotional Intelligence also known as emotional quotient or EQ is the ability to understand, use and manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. In past few years “Emotional Intelligence” has emerged as one of the key components of emotional adjustment, life success, interpersonal relationship and personal wellbeing. The five-day FDP is aimed to foster the importance of emotional intelligence in personal as well as in professional life. The program focuses on the concept and benefits of emotional intelligence to uplift personal and social competence, challenges and strategies to improve emotional intelligence. Case studies and Hands-on sessions have been also included in the course to give the clear idea about Emotional intelligence.

## OBJECTIVES

The objective of this Online Five-day workshop course is to impart essential knowledge of components related to emotional intelligence such as self and social awareness along with self and relationship management required in professional and personal life.

## Speakers

Subject experts of humanities and sciences & Faculty members of IITs, NITs, IIITs and other premier Institutions/Organizations of India.

## Course Contents

- Introduction of Emotional Intelligence.
- Origen and elements of Emotional Intelligence
- Challenges and strategies of Emotional Intelligence.
- Emotional Intelligence in industry and academics.
- Models and applications of Emotional Intelligence
- Psychological wellbeing and Emotional intelligence (Case studies & discussion)

## Target Audience

- The faculty members of AICTE approved Institutions
- Research scholars and PG scholars pursuing research in Social Sciences
- Participants from Government (Bureaucrats, Social worker) and from Industry
- Staff of host Institution

## Number of participants

The number of participants in the workshop is limited. Preference will be given to the candidates who have research experience in Social sciences on first come basis.

## Important Dates

Application in the prescribed format should reach the course coordinator by email as per the details mentioned for registration on webpage <https://www.aicte-india.org/atal>. The names of the selected candidates will be available in the webpage of the NIT Hamirpur w.e.f. October 10, 2020.

## About the Institute

NIT, Hamirpur is an institute of National Importance. The Institute offers B.Tech, M.Tech and PhD programmes in various disciplines of Engineering, Humanities and Sciences. The Institute is functioning in a vast area of above 250 acres at Anu in Hamirpur district of Himachal Pradesh and is 4 Kms from main bus stand of Hamirpur on Mandi-Jalandhar National Highway (NH-70). The city of Hamirpur is well connected with the rest of the country by road. Nearest Railway Station: UNA (about 85 Km) and Nearest Airport: GAGGAL (Kangra) (about 85 Km)

## About Department

The department of Humanities and Social Sciences has an interdisciplinary orientation and expertise in diversified fields of Communication Skills, Psychology, Engineering Economics, and Dynamics of Behavioural Science in order to cater the needs of B.Tech./B.Arc. and research scholars of the institute of national importance.